A close up of food

Description automatically generatedBaked Chicken Nuggets

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Submitted by: Teresa

Yield: 3 servings

" A Parmesan crust lifts these chicken nibbles above the ordinary. Serve alone or with an array of dipping sauces."

INGREDIENTS:

1. 1 skinless, boneless chicken breast
2. 1/3 cup Italian seasoned bread crumbs
3. 2 Tablespoon grated Parmesan cheese
4. 1 teaspoon dried basil
5. 1/4 teaspoon pepper
6. 1/8 teaspoon dried thyme
7. 1/8 teaspoon salt
8. 3 Tablespoons butter, melted

DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. Trim fat from chicken breasts with knife or kitchen shears.
3. Cut chicken breasts into 1 inch size pieces.
4. In a gallon plastic bag, mix together the bread crumbs, cheese, basil, pepper, thyme and salt.
5. Melt butter in batter bowl for approximately 30 seconds – be sure to cover with wax paper to avoid splatter.
6. Place chicken in batter bowl and stir to coat.
7. Add chicken to the seasoning bag. Close and shake to coat the nuggets. Be sure all nuggets are evenly coated and there is no seasoning left loose in the bag.
8. Line a baking sheet with parchment paper.
9. Place chicken on baking sheet (lined with parchment paper) – spread apart in a single layer.
10. Bake for 20 minutes.